



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 232) Share February 28, 2026

Welcome to Week #232 of the Immune Booster CSA. Please enjoy the newsletter with some recipes, good food tips, etc., and let us know if you need any help in finding any other creative ways to use the following items.

PLEASE NOTE: When you are bringing your payments with CASH, please bring EXACT AMOUNT in a labeled envelope. You will not receive a Pick Up Reminder email. At the Washtenaw Food Hub we ask that you come inside the market to pick up your share for the winter. Very specific descriptions were in the initial registration emails, and you may also go to our website for more details about each location: <https://www.tantrefarm.com/immune-booster-csa-pick-up-protocol/>

THIS WEEK'S #232 SHARE ITEMS:

PINK LADY APPLES from [Kapnick Orchards](#): You will receive Pink Lady (sweet-tart apple has high sugars and high acids with bright white flesh that is slow to oxidize, so a perfect snack with a crunchy texture which offers a "fizz-like" burst of flavor). Thanks to Scott of Kapnick Orchards, who supplies apples, pears, and other products year-round at their farm market in Britton, MI. They can also be found at the Argus Farm Stops and Agricole Farm Stop, the Ann Arbor Farmers Market, the Saline Indoor Farmers Market, and 3 winter markets in Canton.

-How to use: see above for uses in the description; all good for fresh eating and baking!

-How to store: can store for 2 to 3 months in cool location.

RED DRAGON CARROTS from [Tantre Farm](#): You will receive beautiful magenta-purple, smooth, thin skin and broad, Chantenay-type shoulders with orange internal color and yellow core. Thanks to the Tantre staff for sorting and washing these beautiful carrots.

-How to use: Can be used raw as carrot sticks, grated in salads or juiced; steamed or sautéed, in stews, soups, casseroles, stir-fries; pureed or grated into cakes, pancakes, or other baked goods

-How to store: Refrigerate dry and unwashed roots in plastic bag for up to 2 weeks, and sometimes longer

ORGANIC CELERIAC from [Second Spring Farm](#): also called Celery Root, rather ugly, knobby, brown vegetable skin with white flesh when peeled; taste is like a cross between strong celery and parsley and wonderful in soups; can range anywhere in size from an apple to a small cantaloupe; high in carbohydrates,

vitamin C, phosphorus, and potassium. Thanks to Second Spring Farm with description above.

-How to use: can be eaten raw in slaws or salads or cooked in soups, stews, purees; can also be baked, boiled, or sautéed; after peeling should be soaked in lemon juice to prevent discoloration of the flesh.

-How to store: refrigerate in plastic bag for up to a month; may also be dried and used as a seasoning.

GARLIC from [Tantre Farm](#): a bulb of several papery white cloves; believed to help in fighting infections, cancer prevention, bolstering the immune system, lowering blood pressure and preventing heart disease. Thanks to the Tantre staff for sorting and brushing each firm bulb.

-How to use: minced raw in salad dressings, sauté, & added to stir-fries, meats, vegetables; try roasting garlic by cutting off tops of garlic bulb, so cloves are exposed, brush with olive oil and bake for 1 hour at 350 degrees, squeeze garlic out of skins

-How to store: can be stored in an open, breathable basket in a cool, dark place for many months.

ROMAINE LETTUCE from [Sell Farms & Greenhouses](#): You will receive a bag of Romaine (upright, dense heads produce long, uniform hearts with good flavor; rich in calcium, iron, and vitamins A and C). Thanks to Dean and Susan Sell, the owners of this family-owned business in Ypsilanti. They specialize in perennial plants and hanging baskets. They also carry a wide variety of annuals, bedding plants, herbs, and vegetable plants from April through mid July.

-How to use: prized for salads, sandwiches, and lettuce wraps

-How to store: refrigerate in plastic bag for 3-5 days.

ORGANIC YELLOW ONIONS from [Second Spring Farm](#): You will receive Patterson (medium-large, blocky bulbs with dark yellow skin and thin necks; excellent storage onion). See above for Second Spring Farm description.

-How to use: Great for salads, soups, stews, egg dishes, and many other dishes for flavor.

-How to store: Once cut, wrap in damp towel or plastic bag in fridge for 2-5 days or chop all extra parts of the onion and freeze immediately in Ziploc baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

ORGANIC PEA SHOOTS from [Garden Works Organic Farm](#): You will receive one clamshell of sweet, tender pea shoots. They are soil-grown in two-inch deep trays and go from seed to your salad in roughly three weeks. Pea shoots (also known as pea microgreens) are the young leaves and stems of traditional pea plants. They add a delicious, mild, sweet flavor to any salad, stir-fry, grain bowl or sandwich. Garden Works is a certified organic, 4.5-acre truck garden and greenhouse farm in Ann Arbor operating year-round with many other kinds of microgreens available throughout the year. Thanks to Rob, who lives just a few miles from the Washtenaw Food Hub and has been providing product for the Ann Arbor Farmers Market, Argus, the Peoples Food Coop, Agricole, and Tantre Farm CSAs for many years. You may contact gardenworksorganic@gmail.com for more information.

-How to use: use as a salad, blended with chopped radishes, turnips, and cabbage, excellent garnish as a soup and almost any other dish, so yummy and tender!

-How to store: store in the refrigerator for up to a week.

CAROLA POTATOES from [Tantre Farm](#): a yellow potato from Germany; smooth, creamy texture that is good for baking or frying.

-How to use: good roasted, mashed, or in salads.

-How to store: keep unwashed in cool, dark place in paper bag.

WINTER SQUASH from [Tantre Farm](#): You will receive either [Confection Kabocha](#) (gray, flattened, buttercup-size fruits; dry taste directly after harvest, but outstanding sweetness and texture after curing for a few weeks; good for long storage) OR [Black Forest Kabocha](#) (dark green, flat-round fruits; buttercup size with no button on end; orange flesh is medium-dry and sweet). Thanks to the Tantre staff for sorting these squash.

-How to use: bake, boil or steam; mash cooked squash with butter; puree cooked squash for creamy soup, or add uncooked chunks to soups or stews; add small amounts to yeast breads, muffins, cookies, pies, oatmeal, etc. roast, saute, stuff, steam, or microwave.

-How to store: keep for several months (depending on the variety) in a dry, moderately warm (50-60 degrees), but not freezing location with 60-75 percent humidity; will also store at room temperature.

SMOKED CAULIFLOWER STEAK with TOMATO RICE PILAF from [Harvest Kitchen](#):

Smoked cauliflower steak is usually a thick-cut, slice or slices of whole cauliflower, seasoned with BBQ spices and smoked at 225°F to achieve a tender, meaty texture with caramelized edges. This savory, smoky-sweet flavor profile, offers a hearty plant-based, vegan, gluten-free, 12-oz entree served on a bed of long grain rice, canned tomatoes, basil, onion, garlic, cucumber, sugar, and tossed with rice wine vinegar, salt, pepper, and olive oil. Thanks to Chef Keith, who runs the show at Harvest Kitchen. We are always grateful for their contributions to our CSA and our market. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub and sells at the Ann Arbor Farmers Market, both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and provides granola, cookies, muffins, frozen pot pies, and other frozen prepared foods at the Food Hub Farm Market.

-How to use: Heat and serve.

-How to store: Keep in the refrigerator for 5 to 7 days or put in the freezer for several months.

KOHLRABI & GREEN PAPAYA SALAD from [Ginger Deli](#): This 1-quart salad is 100% vegan, gluten free, and is a favorite! It can also be nut-free, if you choose not to add the crushed peanuts. This salad features shredded kohlrabi, along with shredded green papaya, bean sprouts, shredded carrot, mint, mango, beet, and a sweet tangy dressing in a separate cup of apple cider vinegar, water, lime, minced garlic, red pepper flakes, maple syrup. This salad is created by Chef Te Phan of Ginger Deli (www.gingerdeli.com), a tenant at the Washtenaw Food Hub producing Vietnamese cuisine that packs colorful flavors with a dash of style. Ginger Deli can be found at their store location at 203 E. Liberty Street and also their products are at Argus Farm Stops in Ann Arbor and Agricole Farm Stop in Chelsea.

-How to use: when ready to use, take dressing out of cup and toss with shredded vegetables and top with cup of nuts

-How to store: keep in refrigerator for 5 days

BUENOS AIRES BROWNIE from [Zingerman's Bakehouse](#): (vegetarian): This rich, dark chocolate 4-oz brownie features a creamy layer of dulce de leche sandwiched between two layers of their "Black Magic" chocolate. It is moist, chewy, and often made with unbleached/unenriched wheat flour, sugar, eggs, unsweetened chocolate, butter, demerara sugar, Madagascar vanilla extract, baking powder, and sea salt. Thanks to Jaison and his staff at Zingerman's Bakehouse. Their products can be found all around Ann Arbor and now at Agricole Farm Stop in Chelsea, and even a few extra brownies and several varieties of bread will be available at the Sunflower Farm Market this weekend. See more of what they offer on their website above in the name.

-How to use: Enjoy as a dessert or a snack with ice cream or drizzled with caramel sauce or jam! Yum!!

-How to store: Store at room temperature or can be easily frozen for long term storage.

ANNOUNCEMENTS

1. **STILL TIME for "EARLY BIRD" SIGN UP FOR TANTRE'S SUMMER CSA:** When you become a Summer CSA member, you will receive 18 weekly distributions of fresh, nutritious produce for \$685 beginning the week of May 24-May 30 and ending the week of September 20-26. That's approximately \$38/week (often with a \$50 true value) of groceries every week! Please go to our website for more information [HERE](#) or sign up directly through this [SIGN UP LINK](#). You will have from now until May 23 to register for the regular \$685 full cost or sign up anytime in the next 2 days for the Early Bird discount by applying this Coupon Code **2026EARLY** for \$25 off, so your Summer Share would cost \$660 if you sign up before March 1. Please let us know if you have any questions. *Hope to see you this summer in 2026!*
2. **POP UP with SMILING JIM'S SEASONINGS at the WASHTENAW FOOD HUB on February 28 from 9 AM to 11 AM:** Join Smiling Jim's Organic Seasonings for this month's flavorful pop-up event! Meet Deborah Bliss and hear the story behind Smiling Jim's, from its roots to a deep commitment to clean, organic ingredients. Sample their crowd-favorite Taco Seasoning and get inspired with easy, delicious ways to add bold flavor to everyday meals. Every blend is made with certified organic herbs and spices, locally grown organic peppers, and organic-compliant kosher salt, never additives, fillers, MSG, GMOs, or artificial ingredients.
3. **"OPEN SPOON - FULL MOON COMMUNITY POTLUCK" AT THE WASHTENAW FOOD HUB with LIZ BARNEY on Wed., March 4 from 5:30 - 7 PM:** Join Liz Barney of [The Open Spoon](#), which is a full-moon community potluck celebrating local food, shared stories, and nature. In March, we welcome the passage from winter to spring, inspired by the Sugar Moon and the return of sweetness. Participants are invited to share stories of a time they felt hope or bring a dish inspired by our food theme: overwintered greens - plants that grow sweeter as the cold converts starches to sugars. Join us in celebrating a return to sweeter times. **Register Here:** <https://luma.com/w7sqvpj>
* The following week on Wed. March 11 from 5 - 6 PM, you can think outside the bread box with sourdough discard recipes with Robin Lehman. You can discover how to use your starter to make cookies, quick breads, breakfasts, and other tasty treats. Enjoy samples of the different recipes and learn just how simple and easy it is to cook and bake with sourdough.

**You can check out our Food Hub calendar for all future events here:

<https://www.thewashtenawfoodhub.com/events/washtenaw-food-hub-events/>

****If you are interested in sharing your skill or talent related to food, sustainability, or community, please contact us at sunflowerfarmmarket@gmail.com. Although we may not be able to engage everyone's skills, we welcome your ideas.*

4. **SHOP LOCAL AT [SUNFLOWER FARM MARKET](#) on Wednesdays, Fridays, Saturdays and Sundays:** Many people view small and local businesses as a vital part of the economic and social fabric of communities. Our regular hours will continue on Wednesdays and Fridays from 4 PM to 7 PM and now all day on Saturdays and Sundays from 9 AM to 5 PM. Our newest products include **spinach** from Jacob's Fresh Farm, **[Westwind Milling Company](#)** products like **all purpose flour, pancake mix, brownie mix, cornmeal, etc.** We also will have frozen cheese **AND NOW PEPPERONI pizzas** from [Lakehouse Bakery](#), Olive Oil from [Zagoda Olive Oil](#), ready to go dishes from [Ginger Deli](#) & [Harvest Kitchen](#), thawed meats from [Marrow Detroit Provisions](#) and [Webbed Foot Pines](#), 1/2 gallon vanilla or chocolate ice cream from Calder Dairy, and more! We also will continue to include freshly harvested, hydroponic Lettuce from Sell Farms and apples from Kapnick Orchards. Many other frozen items are available including frozen meats, fish, tempeh, quiche, pot pies, and [Michigan Farm to Freezer](#) Strawberries, Blueberries, Peaches, and Tart Cherries. We have fresh muffins and cookies along with frozen lasagna, quiches, and mac n cheese dishes from [Harvest Kitchen](#). Fluffy Bottom Creamery will have yogurt, aged and feta cheeses. [The Brinery](#) has plenty of kimchi along with their signature sauerkraut, pickled roots, beet kvass, and hot sauces. In addition we will have [Calder Dairy](#) butter, local eggs, and several varieties of beverages, and [Calder Dairy](#) regular milk, chocolate milk, and now buttermilk! Come and get free chocolate samples from [Harvest Chocolate](#) and [Mindo Chocolate](#) each week! We also have several snacks including [313 Urban Tortilla Chips](#), [PopDaddy](#) kettle corn, and [Great Lakes Potato Chips](#) along with [Ann Arbor Tortilla Factory](#) tortilla chips, and several flavors of [Zingerman's Creamery](#) gelato. As usual you can pick up your basic needs of maple syrup, jam, granola, oats, honey, dried beans, lentils, salad dressings, broths, and [Tiani Body Care](#) products. Lots of fun things to check out at the [Sunflower Farm Market](#) located at the [Washtenaw Food Hub](#) this Saturday and Sunday!
5. **FREE HOT COFFEE and HOT TEA AVAILABLE at Sunflower Farm Market on Saturday mornings:** Please feel free to come and enjoy a FREE sample of Roos Roast coffee or a variety of teas. You will also be given the opportunity to buy a 10 or 16-oz cup of coffee or tea that pairs well with a freshly baked Harvest Kitchen muffin or cookie. If you need a hot pick-me-up on Saturday mornings, a pour over cup of Roos Roast Lobster Butter coffee will be available and hot water will be available for herbal and caffeinated tea. We will also provide half and half cream, coconut cream/almond milk, raw sugar, and stevia to amend your drink. Come in and buy a cup and make connections with others around you!
6. **DO YOU LIKE TO WORK OUTSIDE? TANTRE IS HIRING!** We are looking for part-time and full-time workers who are interested in getting their hands dirty and enjoy healthy, hearty, hard work. We provide home-cooked lunches every day with food from the farm. Room and board are available

for full time work, and part time work is available as well for an hourly wage. Please email us or fill out an application from our website at <https://www.tantrefarm.com/internships>

7. **SOCIAL MEDIA:** Follow us on Instagram [@tantrefarm](#) and [@washtenawfoodhub](#) to learn more. We are also active on [Facebook](#) with regular posts of photos and blurbs detailing life on the farm and what is happening in the weekly Immune Booster CSA shares.

RECIPES

CELERIAC AND APPLE SALAD (from *Victory Garden* by Marian Morash) Makes 5 cups

1 large **Second Spring's celeriac (celery root)** (about 1 lb)

1/2 cup orange juice

3 firm tart **Kapnick's apples**

1/2 cup mayonnaise

1 cup chopped celery

1/2 cup chopped walnuts

Salt and freshly ground pepper, to taste

Peel and julienne celeriac into matchstick pieces. Toss with orange juice until coated. Peel, core, and chop apples; mix with celeriac. Marinate for 10 minutes, turning often; strain, reserving juices. Place mayonnaise in a large bowl, and little by little, add orange juice marinade until thinned to the point where it coats a spoon thickly. Beat smooth and combine with the drained celeriac, apples, celery, and nuts. Marinate for 2 hours, season with salt and pepper, and serve.

TURKISH CELERIAC SOUP (from <https://foodandjourneys.net/tu...>) Serves 5.

For Soup:

2 tbsp olive oil

1 medium **Second Spring's onion**, thinly chopped

2 cloves **Tantre's garlic**, minced

1 medium **Tantre's carrot**, cubed

1/2 kg **Second Spring's celery root** (about 1 lb), cubed

4 cups stock (vegetable or chicken)

salt and pepper, to season

1/8 tsp chili flakes

1/2 cup plain yogurt

2 tbsp fresh dill, roughly chopped

For Sauce:

3 tbsp olive oil

3 cloves **Tantre's garlic**, crushed

3 tsp dried mint

Use a medium-sized pan to heat olive oil over medium-high heat. Once the oil is ready, add onion and garlic and cook until the onions have slightly softened. Add the carrots, celeriac, stock, chili flakes, salt, and pepper. Mix. Cover the pan with a lid, then bring to a boil. Adjust the heat to medium-low and continue simmering until the vegetables are cooked. Take the saucepan off the heat, then use an immersion blender to puree the soup. Once you get a smooth texture, add the yogurt, mix, then taste and adjust seasoning. Place the saucepan back on the heat, covered, then bring to a boil. Turn the heat off, then transfer soup into bowls for serving. Serve your Turkish celeriac soup with garlic and mint sauce --- and more fresh dill, if desired. To prepare sauce: Place a

medium-sized skillet on medium-high heat, then add the remaining olive oil. When the oil is ready, add the smashed garlic and cook until they turned darker. Add the dried mint, mix, then take the skillet off the heat. Set aside for serving.

AUTUMN MINISTRONE (from *Moosewood Restaurant Daily Special* by the Moosewood Collective) Serves 6-8.

2 Tbsp vegetable oil

1 cup chopped **Second Spring's onions**

2 **Tantre's garlic cloves**, minced or pressed

2 1/2 cups peeled and cubed **Tantre's winter squash** (such as kabocha)

2 celery stalks, (or 1/2 cup **Second Spring's celery root**, peeled) diced

1/2 cup peeled and diced **Tantre's carrots**

2 1/2 cups cubed **Tantre's potatoes**

1 tsp dried oregano

2 tsp salt

1/2 tsp black pepper

6 cups water

4 cups chopped kale/collard greens

1 1/2 cup cooked (or 15 oz can) cannellini beans

Warm the oil in a large soup pot on medium heat. Add the onions and garlic, and saute for 5 minutes. Add the squash, celery, carrots, potatoes, oregano, salt, pepper, and water; cook for 10 minutes or until potatoes are almost done. Add the kale and beans (drained) and simmer for another 5-7 minutes, until the kale is tender and the beans are hot.

CARROT CHIPS Serves 4

This is delicious!

Vegetable or olive oil (or spray)

1 lb **Tantre's carrots**, scrubbed clean

Salt and pepper, to taste

Preheat the oven to 350 degrees. Slice the carrots into 1/4-inch-thick rounds or diagonal slices with a sharp knife. Place the carrot slices on a lightly oiled baking sheet, making sure their edges don't touch. Drizzle with light amount of oil and toss; then season with salt and pepper. Bake 5 minutes, or until they begin to brown on the edges. Carefully turn the slices over, add more oil if needed, and season again with salt and pepper. Bake another 5-10 minutes, until crispy and beginning to brown. Place the chips on a paper towel-lined plate and serve immediately.

Hope you are enjoying these last few days of winter!! We look forward to seeing you next week for the Immune Booster's Week #233 with pick up on Sat. March 7 at the Washtenaw Food Hub or Agricole Farm Stop! Thank you for supporting local farmers and food artisans.

Deb and Richard
Owners of Tantre Farm

***We look forward to hearing your weekly feedback on the shares and welcome any suggestions on how to improve. Please understand that we try to give you an accurate listing of the produce in your box each week; however, since this menu is published before we pack the boxes on Fridays, we may*

sometimes have to substitute some vegetables for others. Mostly we are able to update you of changes in our Friday newsletter, but sometimes our decisions are made after the newsletter is published. Please let us know whenever you think you are missing anything, and we will try to find some way to make amends. Thank you for your patience and understanding, as we try to keep things as smooth as possible. Please contact Deb or Richard with questions or comments at info@tantrefarm.com.

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